



The Victoria Clinic

Our Services: Day Programs

Cognitive Behaviour Therapy (CBT)

Closed Groups

At The Victoria Clinic we offer Cognitive Behavior Therapy groups: focusing on specifics such as Low Self Esteem or Mood Management

The groups vary from 10 to 20 weeks and are suitable for people who are experiencing the symptoms of Depression or Anxiety, but are well enough to participate and engage in active therapy. The groups are facilitated by two experienced Psychologists.

The programs educate participants about how to effectively manage the debilitating symptoms of anxiety / depression and the impact that Lowered Self Esteem has on depressive symptomatology.

The program offers traditional CBT methods to help the participants understand, manage and change thoughts and behaviors.

These groups works in three ways by helping to identify and change negative thinking associated with depressed feelings, to focus on the positive and to assist the participant with strategies to manage problems, encountered in daily life. It addresses behaviors and Mood, thoughts and their impact on mood, the correlation between relationships and mood and relapse prevention.